ONE COMMUNITY PROGRAM (OCP)

Sponsored by:

SOMALI WOMEN’S HEALTH WORKSHOP SERIES

Module 1
Session 1

INTRODUCTION TO THE ONE COMMUNITY PROGRAM (OCP)

Agenda

Review of Learning Objectives
Opening
Introduction to the One Community Project
Workshop Expectations
Somali Cultural Traditions
American Cultural Traditions
Cultural Comparisons
Closing

Closing Cultural Comparisons

Somali Cultural Traditions
Workshop Expectations
Introduction to the One Community Project
Opening
Review of Learning Objectives
Compare and contrast cultural traditions of Somalia and America with a specific focus on health-related differences

Introduce the One Community Project

Create a safe space for learning and discussion

Introduce yourself

When did you come to America?

Tell us about your family

“Aqoon la’aani waa iftiin la’aan.”

“The absence of knowledge is the absence of light.”

-Somali Proverb
One Community Program

U.S. Committee for Refugees and Immigrants (USCRI)

Female Genital Cutting (FGC)

Somali community
Other refugee and immigrant groups

Erie, PA
Minneapolis/St. Paul, MN

Assist with informed decision-making for new generations of Somali girls at risk of FGC

Increase awareness and knowledge among women with FGC

Improve self-care

Assist with informed decision-making for new generations of Somali girls at risk of FGC

Workshop Expectations

Facilitator

Will attend all sessions
Facilitate an active learning environment
Provide accurate information to participants
Participate in discussions and activities
Be patient and listen to participants
Show respect and empathy to all participants
Be open to feedback from participants
Workshop Expectations

Participants
- 1-1.5 hours/week for 8 sessions
- Attend all sessions
- Make up all missed sessions
- Notify instructor of absences
- Participate in discussions and activities
- Keep an open mind
- Certificate of completion

What are some Somali cultural traditions that you practice?

Your Cultural Traditions
- Food
- Names and naming
- Marriage and weddings
- Post-partum practices
- Male and female circumcision
What are some American cultural traditions that are confusing or surprising to you?
What are some things that have been challenging to adapt to here in America?

What are some cultural similarities between Somali and American culture?

What has helped you to adapt?
What is one ‘take away’ from today’s session?

What questions do you have?
Handout 1.1.1: WORKSHOP EXPECTATIONS

FACILITATOR EXPECTATIONS

- Will attend all sessions
- Facilitate an active learning environment
- Provide accurate information to participants
- Participate in discussions and activities
- Be patient and listen to participants
- Show respect and empathy to all participants
- Be open to feedback from participants

PARTICIPANT EXPECTATIONS

- Attend 1-1.5 hours/week for eight sessions
- Attend all sessions
- Make up all missed sessions
- Notify instructor of absences
- Participate in discussions and activities
- Keep an open mind
- Certificate of completion
Handout 1.1.2: SOMALI AND AMERICAN CULTURAL TRADITIONS

NAME: ______________________________ DATE: ______________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What are some Somali cultural traditions that you practice?
   
   a. Why do you practice this?
   
   b. What happens if you don’t practice this?

2. What are some American cultural traditions that are confusing or surprising to you?

3. What are some things that have been challenging to adapt to here in America?

4. What has helped you to adapt?

5. What are some cultural similarities between Somali and American culture?
Handout 1.1.3: 25 THINGS VISITORS FIND SURPRISING ABOUT THE UNITED STATES

1. People do not carry money; credit cards only.
2. Parents can be arrested for physically punishing their children.
3. Your credit score is very important for everything (jobs).
4. Tipping is everywhere.
5. Prices do not include taxes.
6. People drive in their lanes.
7. Country is huge and there is little to no public transportation.
8. Poorer people are more overweight than wealthy people.
9. Cities and suburbs look the same.
10. You will need a car to get around most of the time.
11. Portion sizes are huge.
12. Government has less say in your life and there is little regulation.
13. Guns are everywhere.
14. Drive-throughs are everywhere.
15. No public health care.
16. Everything is big.
17. There is no free higher education.
18. Each state has its own militia.
19. Philanthropy is highly valued.
20. Children are expected to leave home at 18.
21. Americans are friendly to everyone, even strangers.
22. High degree of conveniences (buffets, 24-hour stores, free refills).
23. Customer is always right.
24. Diversity is huge.
25. Everything is earned by the individual by hard work (much opportunity, but much risk).
ONE COMMUNITY PROGRAM (OCP)

Sponsored by:

ONE COMMUNITY PROGRAM (OCP)

Somali Women’s Health Workshop Series

Preventive Healthcare

Module 2
Session 1

Agenda

- Review of Learning Objectives
- Opening
- Understanding the U.S Health System
- Cultural Comparisons of the US and Somali Health Systems
- Cultural Traditions and the Reproductive Health of Somali Refugees and Immigrants
- Khadija’s Story
- Closing
Compare and contrast the US healthcare to the Somali health system.

Identify and explain difference between the health systems and attitudes towards health.

What is the best lesson that your mother taught you?

What were your perceptions of the healthcare back home or in the refugee camp?

What are your perceptions of healthcare here in the United States?
When do you see a doctor?
Are there things you do not understand regarding your healthcare?
Do you feel doctors and nurses understand you and your needs?

Preventive Care
Somalis
What does preventive care mean to most Somalis?

Cultural Comparisons
Preventive Care
Americans
What does preventive care mean to most Americans?
Cultural Comparisons

Doctors and Nurses

Somalis

- Do you prefer to go to male or female doctors? Nurses?
- Who do Somalis see? Why?

Americans

- Who do Americans see? Why?

Cultural Comparisons

Giving Birth

Somalis

- When it is time to give birth, who do you rely on?
- Who do you see?
- How do you feel about C-sections?

Americans

- Who helps American women with childbirth?
- How do American women feel about C-sections?
- Why do you think this is?
Health Care Decisions

Somalis
- How do you make decisions about your healthcare?

Americans
- How do Americans make decisions about their healthcare?

How many children you will have?

Somalis

Americans

Female Genital Cutting (FGC)

Somalis
- FGC is required for women to get married and is viewed as a practice that makes a woman “clean.”

Americans
- No one practices FGC and it is both legally prohibited and culturally unacceptable.
Cultural Traditions and the Reproductive Health of Somali Refugees and Immigrants

<table>
<thead>
<tr>
<th>Medical Model</th>
<th>Western Medicine</th>
<th>Somali Cultural Tradition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preferred Caregiver</td>
<td>Physician</td>
<td>Traditional Healer/Midwife</td>
</tr>
<tr>
<td>Finding Physicians</td>
<td>Complex Referral System</td>
<td>Community Stories/WOM</td>
</tr>
<tr>
<td>Antenatal Care</td>
<td>Every 2 weeks</td>
<td>Little to None</td>
</tr>
<tr>
<td>Childbirth</td>
<td>Hospital</td>
<td>Home</td>
</tr>
<tr>
<td>Gestation Period</td>
<td>28-40 weeks</td>
<td>42+ Weeks</td>
</tr>
<tr>
<td>Post-Date</td>
<td>Natural Labor</td>
<td>No Interventions</td>
</tr>
<tr>
<td>Labor</td>
<td>Lying Down with Fetal Monitor</td>
<td>Walking Around</td>
</tr>
<tr>
<td>Pain Management</td>
<td>Epidural</td>
<td>Prayer</td>
</tr>
<tr>
<td>Cesarean Section</td>
<td>Myriad Reasons</td>
<td>Life-Saving Only</td>
</tr>
<tr>
<td>Female Circumcision</td>
<td>Illegal</td>
<td>Infibulation</td>
</tr>
<tr>
<td>Episiotomy</td>
<td>Midline</td>
<td>Medial-lateral</td>
</tr>
<tr>
<td>Delivery</td>
<td>Mother Pushes Out</td>
<td>Midwife Pushes Up and Out</td>
</tr>
<tr>
<td>Modesty</td>
<td>Male or Female Physician</td>
<td>Female Physician/Midwife</td>
</tr>
<tr>
<td>Husband Participation</td>
<td>Husband in Delivery Room</td>
<td>Women in Delivery Room</td>
</tr>
<tr>
<td>Postpartum</td>
<td>2 Days in the Hospital</td>
<td>40 Days at Home</td>
</tr>
<tr>
<td>Support System</td>
<td>Nuclear Family</td>
<td>Extended Family/Neighbors</td>
</tr>
<tr>
<td>Family Size</td>
<td>Couple Decides</td>
<td>Allah Decides/Peer Pressure</td>
</tr>
<tr>
<td>Child Spacing</td>
<td>Modern Birth Control</td>
<td>Breastfeeding Only (2 Years)</td>
</tr>
<tr>
<td>Marital Status</td>
<td>Monogamy</td>
<td>Polygamy Accepted</td>
</tr>
<tr>
<td>Language</td>
<td>English or Somali Interpreter</td>
<td>Somali</td>
</tr>
</tbody>
</table>

Doctor Anderson says to Khadija during her prenatal visit, “Khadija, you are overdue and need to go to the hospital right away.” This is a new doctor whom she has never seen before. Khadija doesn’t know if she should listen to the doctor and follow her recommendation, so she decides to call her friend, Asho, who knows more about health.
Asho advises Khadija to go to the doctor and listen to what he says. Once in the hospital, the baby's heart starts to fail. After a couple of moments, the heart rate does not come back, so the doctors rush Khadija to a C-section. She has not prepared for a C-section and is in a panic. She does not want to lose the baby but she does not trust the doctors and she does not want a C-section. It is a question of life or death. What should Khadija do?

What should Khadija do?
- Refuse the C-section
- Try to push the baby out against the doctor's recommendation
- Ask for a more detailed explanation of the recommended surgery
- Ask her family to decide

What should the medical staff do?

How will the doctor and nurses feel about Khadija's decision?

How could this situation have been prevented?

How does this situation relate to the list of differences?
What is one 'take away' from today's session?

What questions do you have?
Handout 2.1.1: UNDERSTANDING U.S. HEALTH SYSTEM

NAME: ______________________________   DATE: ______________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What were your perceptions of the healthcare back home or in the refugee camp?

2. What are your perceptions of health care here in the United States?

3. When do you see a doctor?

4. Are there things you do not understand regarding healthcare?

5. Do you feel doctors and nurses understand you and your needs?
Handout 2.1.2: KHADIJA’S STORY

NAME: ______________________________      DATE: ______________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What should Khadija do?

2. What should the medical staff do?

3. Of the following, what should Khadija do?
   a. Refuse the C Section.
   b. Try to push the baby out against the doctor’s recommendation
   c. Ask for a more detailed explanation of the recommended surgery
   d. Ask her family to decide

4. How will the doctor and nurses feel about Khadija's decision?

5. How could this situation have been prevented?

6. How does this situation relate to the list of differences?
Sponsored by:

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Preventive Healthcare

Module 2
Session 2

Agenda

- Review of Learning Objectives
- Opening
- Introduce Preventive Healthcare
- Annual Physical Exams
- Common Health Conditions and Preventive Tests
- Faduma's Story
- Closing

Opening

Introduce Preventive Healthcare

Annual Physical Exams

Common Health Conditions and Preventive Tests

Faduma's Story

Closing
Learning Objectives

- Describe preventive healthcare
- Summarize what happens at an annual physical exam
- Review common health conditions and preventive tests
- Explain the importance of taking prescribed medications

What is one GOOD thing that happened today?

What is one BAD thing that happened today?

What diseases do you know of or have had to deal with?

What was the treatment and what was the outcome?
Why do you think people live longer in America?

Average age of death

<table>
<thead>
<tr>
<th>Somalia</th>
<th>America</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 years old</td>
<td>80-90 years old</td>
</tr>
</tbody>
</table>

Why do you go?

Do you go for your annual physical exam?

Why do you go?

What are the reasons you don’t go for these exams?

Annual Physical Exams

What is the process?
What is a pap test?

Have you ever had a pap test?

How often should you get a pap test?

What is cervical cancer?

Age 21-29: Every 3 years

Age 30-64: Every 5 years with an HPV test, or every 3 years

Age 65+: Ask your doctor

Breast Cancer

Cervical Cancer

Preventive Healthcare

High Blood Pressure

Domestic Violence

Diabetes

Depression

Osteoporosis

Sexually Transmitted Infections

Recommended Tests

Preventing Domestic Violence

Recommended Controls

Preparing for your Doctor's Visit
What is a mammogram?

Have you ever had a mammogram?

How often should you get a mammogram?

What is breast cancer?

Age 50-74: Every 2 years

Yes! Early detection of breast cancer saves about 200,000 lives annually!

Why are mammograms important?

Do mammograms work?

What is high blood pressure?

What factors increase your chances for high blood pressure?

Have you ever had your blood pressure checked?

How often should you have your blood pressure checked?

Whenever you see a doctor or medical professional

What is diabetes?

Somali immigrants are developing diabetes

What factors increase your risk for diabetes?
Have you ever had your bone density checked?

What is osteoporosis?
When you are 65 or older

When should you have bone density checked?

What factors increase your chances for osteoporosis?

What are sexually transmitted infections?

Talk with your medical professional

When should you be tested for sexually transmitted infections?

Some can be cured, others can be medically managed

Are sexually transmitted infections treatable?

What is depression?

What are the symptoms of depression?

How is depression treated?

What are the risk factors for depression?

Talk therapy and medication
What is domestic violence?
National Domestic Violence Hotline
1-800-799-7233

Who can you contact to get help?

Who is a victim of domestic violence?

What are the effects of domestic violence?

Faduma noticed that she had intense pain during and after urination. She has lower back pain and an increased urge to urinate, but when she uses the bathroom only a few drops of urine come out and she feels sharp pains.

She consults her friends. One tells her to drink cranberry juice and eat pineapples, so she does. Her symptoms get worse. Then another friend recommends that she take some herbs. Faduma takes it for five days and her health does not improve.

In fact, Faduma is in more pain than ever before to the point she can’t bear the thought of urination. Her favorite cousin gives her a hot pack to help relieve the pain, so she places it on her abdomen for relief. It helps a bit, but as soon as she removes it to go cook dinner, her pain returns full blast.

Finally, she decides to go to urgent care to see a doctor and they prescribe her antibiotics. She takes them for 3 days, begins to feel better, and then stops because she feels better. After a day or two, the pain is back. Faduma is angry at the doctors. They are useless!

In this scenario, what should Faduma do?

Should she stop taking antibiotics if she is feeling better?
Closing

What is one ‘take away’ from today’s session?

What questions do you have?
Handout 2.2.1: HEALTHCARE HISTORY AND PREVENTIVE CARE

NAME: ______________________________ DATE: ___________________________

☐ Check here if completed by a facilitator during a group discussion.

What diseases do you know of or have had to deal with?

What was the treatment and what was the outcome?

Do you go for your annual physical exam?

Why do you go?

What are the reasons you don’t go for these exams?
Handout 2.2.2: PREVENTIVE CARE AND RECOMMENDED TESTS

NAME: ______________________________   DATE: __________________________

☐ Check here if completed by a facilitator during a group discussion.
Handout 2.2.2: PREVENTIVE CARE AND RECOMMENDED TESTS (cont.)

<table>
<thead>
<tr>
<th>Disease</th>
<th>Symptoms</th>
<th>Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical Cancer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Cancer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoporosis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sexually Transmitted Infections</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Domestic Violence</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Handout 2.2.3: FADUMA’S STORY

NAME: ___________________________ DATE: ___________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What should Faduma do?

2. Should she stop taking antibiotics if she is feeling better?

3. Why should you never give medications prescribed for one person to another person?
Sponsored by:

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Introduction to Female Genital Cutting (FGC)

Module 3
Session 1

Agenda

- Review Learning Objectives
- Opening
- What is FGC?
- Why and where is FGC practiced?
- FGC and America
- Kowsar's Story
- Closing

Why and where is FGC practiced?

FGC and America

Kowsar's Story

Closing
Learning Objectives

- Describe what FGC is
- Explain why FGC is practiced
- Identify where FGC is practiced
- Understand cultural attitudes towards the practice of FGC in Somalia and the United States

Finish the Sentence

- I love it when...
- I have never...
- The best way for me to relax is...
- The thing that makes me laugh is...

Female Genital Cutting (FGC)

- What is female genital cutting or female circumcision?
- Are there different forms of female circumcision?
- Is there certain terms you use more or that you prefer?
Female Genital Cutting (FGC)

No Female Genital Cutting (FGC)

Clitoridectomy or Sunna

Excision or Intermediate
### Infibulation or Pharaonic

- Pricking
- Piercing
- Cutting
- Scraping
- Cauterization (burning)

### Why is the cut needed?

- What does being cut mean for Somali women?
- How do you feel about women who are not cut?
- What happens if a girl is not cut?
**FGC – The Facts**

**Why is FGC practiced?**

- Is FGC a Muslim Tradition? No
- Is FGC required by Islam? No
- What are some common reasons why female circumcision is practiced?
  - Part of your culture
  - Rite of passage
  - To be beautiful
  - Traditions
  - Mark of identity

**Where is FGC practiced?**

- Is FGC practiced in most of the world? No
- Where is FGC practiced?
  - Indonesia, Iraqi Kurdistan, & Yemen
  - 27 countries in Africa
  - Asia
  - Middle East
What do Americans think about FGC? What opinions or statements have you heard? What do they say? How does that make you feel?
Kowsar is a 36-year-old mother of four children. She and her husband, Abdi, have two daughters ages 11 and 9, and two sons ages 16 and 14. Her elderly mother-in-law, Maryam, lives with the family, and helps care for her grandchildren while Kowsar works each day as a clothing store owner at the mall. Abdi works as a Child Support Collections worker at the County Government Center. They live in the United States.

It is evening time, and the family is gathered at the dining room table finishing their supper. Kowsar asks her daughters to help her clear the table and then to get started washing the dishes. The sons, Mohamed and Abdimalik, ask to go to the nearby community center to play basketball. Abdi gives them permission to go. His mother, Maryam watches her granddaughters as they disappear into the kitchen and shakes her head sadly.

"What a shame! It is breaking my heart that my granddaughters will probably never get married. And it is all because you and Abdi refuse to send them home to Somalia so they can get circumcised. It should have happened years ago, but it is still not too late. Abdi, it is up to you to do what is right as their father."
“Hooyo, we’ve talked about this already many times. Kowsar and I have agreed that circumcision is not what we want to happen to our daughters. You have lived with us for many years, and you know the pain and suffering Kowsar has gone through giving birth to our children. We don’t want to risk our daughters’ lives in that way.”

“If they die, it is God’s will. You know that. It is fair for you to make such a decision? You are already married and have established a family and a good life for yourselves. This is tradition, and it is part of our culture. Do you want your daughters to be ridiculed by the young men? Do you want them digging a hole outside of our house and making a joke about falling into my granddaughters because they have not been cut? Is that what you want?”

Maryam is beside herself with grief. Abdi does not know what to say to comfort her, and he is unwilling to change his mind, so he leaves the house to go to the nearby coffee shop to have a cup of coffee with his men friends.

Who do you think is right in this story? Why?
What should Kowsar do?
What should Abdi do?
Do you think what Maryam is saying is true?
What do think will happen with this family? Why?
Closing

What did you learn from today’s session?

How did you feel about the information?

What questions do you have?
Handout 3.1.1: BELIEFS ABOUT FGC

NAME: ______________________________ DATE: ____________________________

☐ Check here if completed by a facilitator during a group discussion.

Why is the cut needed?

What does being cut mean for Somali women?

How do you feel about women who are not cut?

What happens if a girl is not cut?
Handout 3.1.2: FACTS ABOUT FGC

NAME: ______________________________ DATE: __________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What are some common reasons why female circumcision is practiced?

2. Where is FGC practiced?
   a. Is FGC practiced in most of the world?

3. What are some of the negative outcomes of FGC?

4. Are there any health benefits to FGC?

5. What can men do to help end FGC practice?

6. Is FGC sanctioned by Islam?
   a. Is FGC a Muslim Tradition?

   b. Is FGC required by Islam?

7. How can we support people who want to challenge FGC practice?
Handout 3.2.3: KOWSAR’S STORY

NAME: ______________________________ DATE: ______________________________

☐ Check here if completed by a facilitator during a group discussion.

1. Who do you think is right in this story? Why?

2. What should Kowsar do?

3. What should Abdi do?

4. Do you think what Maryam is saying is true?

5. What do you think will happen with this family? Why?
ONE COMMUNITY PROGRAM (OCP)  
Sponsored by: ONE COMMUNITY PROGRAM (OCP)  
Somali Women's Health Workshop Series  

Female Genital Cutting (FGC) and Health  
Module 3 Session 2  

Agenda  
- Review Learning Objectives  
- Opening  
- Health-Related Problems and FGC  
- Emotional Consequences of FGC  
- Guest Speaker  
- Anonymous’ Story  
- Closing
Learning Objectives

- Describe the health consequences of FGC
- Describe the emotional consequences of FGC
- Practice asking questions of a health care provider regarding women’s health and FGC
- Discuss what you can do to manage any health consequences of FGC

Where do you fall on the spectrum?

- Shortest to tallest
- Least to most letters in your name
- Least to most children
- Least to most siblings

What happens immediately after a girl is circumcised?

Have you or anyone you know experienced any health problems from being circumcised?
Health Related Problems

Long Term Problems

- Infections
- Problems having sex
- Fistulae
- Depression and anxiety
- Painful and prolonged menstruation
- Urinary problems
- Inadequate treatment

Problems with pregnancy & childbirth

- Infertility
- Higher risk for episiotomy
- Prolonged labor
- Higher risk for cesarean section
- Excessive bleeding
- Risks to the infant

HOW GENITAL CUTTING affects girls and women throughout their lives
What is menopause?

What are the symptoms of menopause?

Gabayga Daradaan dhiba dumarka haysata Marxuumaad Saado Dabi Warsame

The Day I Will Never Forget: Poem
The Day I Will Never Forget: Video

Bar Baa Igu Taala aan Weligeed Tirmayn
(I have (harbor) a mark that can never be erased)

Halima Cali Warsame, Garowe District

Reported and Translated By: Dr. Asha Mohamud

Toban anoon gaarin tabar weyna aan lahayn;
(Before I reached ten and was not so strong)
Tooray igu qalatay habar aan tacllin labarin;
(An old uneducated woman cut me with a knife)
Qodaxday igu taagtay hillbkay tiqtiahayeen;
(Piercing me with thorns to tightly suture the flesh)
Tiftii Kaadida wadnaha tash layga yid oo;
(My heart was pierced with the first drops of urine)
Bar baa igu taala aan weligeed tirmayn.
(I have a mark that can never be erased)
Markaan tooba qaaday oon toladiisa guur u kacay;
(When I grew up and prepared for marriage)
Salaanta uugaay toolmanahaan jeclaa;
(When I raised my hand to greet my handsome love)
Tocab qaadashyo gurigii mar laysla tegay;
(When we collected our house hold goods and entered our home)
Toobashaddii horeba wadnaha tash layga yiri;
(My heart was pierced with the first touch)
Bar baa igu toola aan welligeed tirmaayin.
(I have a mark that can never be erased)

Tiftii igu gorordhay tarantii ilaa h akumay;
(When God created a life out of the few drops that
managed to get in)
Talalka cudurka tirkaayadii walaca;
(When I suffered with the morning sickness)
Morkay taarikhidh dhamaatay ee foochii timi;
(when the time finished and labor came)
Tooray loo qaaday hilibki marhore la tolay;
(A knife was taken for the already sutured flesh)
Tararacidd jirka wadnaha tash layga yiri;
(My heart was pierced with the tearing skin)
Barbbaa igu toola aan welligeed tirmaayin
(I have a mark that can never be erased)

Towsaa cudurkaasana ilkaan la tagahayaa; ee
(i will take its (FGM/FGC) consequences to the grave)
Taa nawada qaaday gabdihiina uga tura.
(Save your girls from this that engulfed us all!)
What do you think about the song, poems, and video?

What do you think are the emotional consequences of FGC?

What would you tell a girl or young woman about the emotional consequences of FGC if she was being pressured to undergo FGC?

“I was six years old when it happened to me. I knew what was going to happen. I knew they were going to cut me because a lot of my friends had had it done and I’d had a look – it was quite normal for girls to have a look at each other. My friends had told me that it was really painful, that it was horrible, so I was terrified. It happened when my mother was away and relatives were looking after me and my sister.”
In the morning, when I was at school, they told me it was my time. My uncle and aunt came to take me from the school. It was my sister’s time too – she was eight years old. The woman who cut us was my grandmother’s sister – and she was going to cut us in a tent near a huge tree. They used ropes to tie our legs apart and there were lots and lots of girls there. I could hear screaming, lots of horrible screaming and there was so much blood. Girls were crying.

My sister went first, they cut her then they took her somewhere. I heard she fainted. My grandmother’s sister was cutting so many girls and when my sister had been done, she told her to stand just outside, and the blood was running down her legs, then she fainted. My grandmother was screaming at her sister – asking her how she could do this to her grandchildren. She was terrified that my sister would die. But my great aunt insisted, and they said it was my turn – he helped carry me back to the cutter.

I ran away – I ran as fast as I could but they sent boys after me and they caught me. They took me legs and my arms and carried me back. One of them was my older brother. They tied me down, I was fighting as hard as I could, but they were stronger. I was screaming. The old woman, my great aunt, used a razor blade – it was clean and new, but there was no anesthetic when she cut me. I have no memory at all of her cutting me – it’s blank. But then another woman came, she was from a different city, and she gave me an injection before they stitched me up.
They tied my legs together the whole way down so I couldn't open my legs. I was like that for three or four weeks. I remember my grandmother taking me home and telling me I had to pee. I was terrified. Because my legs were tied I couldn't sit to pee, so I leaned over on one side and the pain was unbearable. I jumped, and some of the stitches opened. My neighbor, she was in her 30s, said I would have to be sewn up again but my grandmother refused.

When ...I started having periods, the problems started. I had to go to the doctor and they opened me, so everything is much better, but there are still some problems. Lots of people from my community believe that if you are 'open' [haven't undergone FGM], no man will want to marry you, and they keep telling me that. But I don’t believe that — and in any case, if a man doesn’t want me because I am open, the way Allah made me, then he can go away.”

What do you think of the girl's experience? What do you think of the last sentence?

What did you learn from today’s session? How did you feel about the information? What questions do you have?
Handout 3.2.1: FGC AND HEALTH PROBLEMS

NAME: ______________________________ DATE: ______________________________

☐ Check here if completed by a facilitator during a group discussion.

What happens immediately after a girl is circumcised?

Have you or anyone you know experienced any health problems from being circumcised?

What are some long term health problems of FGC?

What problems associated with pregnancy and childbirth are common in women with FGC?

What is menopause?

What are the symptoms of menopause?

How does FGC affect going through menopause?
Handout 3.2.2: HOW GENITAL CUTTING AFFECTS GIRLS AND WOMEN THROUGHOUT THEIR LIVES

140 million women worldwide have experienced FGC

1. Childhood
   - Shock, fear, pain
   - Infection, septicaemia, and tetanus
   - Haemorrhage
   - Septic shock
   - HIV transmission due to use of unsterilised instruments
   - Other lacerations around the area, e.g. thighs, vagina, anus
   - Urine retention

2. Girlhood
   - Extremely painful menstruation as menses can only pass in small quantities through a tiny hole left after infibulation
   - Urine retention and urinary tract infections which may lead to chronic pelvic inflammation
   - Prolonged school absences, poor academic performance, and dropping out of school lead to economic disparity

3. Later Life
   - She is 70% more likely to suffer haemorrhage after giving birth
   - Twice as likely to die during childbirth
   - More likely to give birth to a stillborn baby than other women as a result of obstructed labour
   - More susceptible to obstetric fistula

4. Pregnancy & Childbirth
   - She also may not be physically prepared for sex and childbirth
   - Sex may be very painful and a girl may experience adverse psycho-physical effects
   - If she has been infibulated, a girl’s new husband may need to make a forcible penetration, or use scissors or a knife

5. Marriage & Intercourse
   - Extremely painful menstruation

3 million girls a year are at risk of being cut in Africa alone, with others at risk around the world.
Handout 3.2.3: EMOTIONAL CONSEQUENCES OF FGC

NAME: ______________________________ DATE: __________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What did you think about the song, poems, and video?

2. What do you think is the emotional consequence of FGC?

3. What are some emotional consequences to FGC that you or other women you know experienced?

4. What would you tell a girl or young woman about the emotional consequences of FGC if she was being pressured to undergo FGC?
Handout 3.2.4: ANONYMOUS’ STORY

NAME: ___________________________________ DATE: ___________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What do you think of the girl’s experience?

2. What do you think of the last sentence (But I don’t believe that – and in any case, if a man doesn’t want me because I am open, the way Allah made me, then he can go away)?
ONE COMMUNITY PROGRAM (OCP)

Sponsored by:

Somali Women's Health Workshop Series

Female Genital Cutting (FGC) and the Law

Module 4
Session 1

Agenda

Review Learning Objectives
Opening
Overview of U.S. Legal System
U.S. Law and FGC
Guest Speaker
Ruwayda's Story
Closing
Learning Objectives

- Describe the U.S. court system
- Explain why FGC is considered illegal in the U.S.
- Describe the legal consequences of performing FGC in the U.S. and abroad
- Apply your knowledge about FGC and U.S. law

What is one word that describes your culture?

What do you know about the U.S. legal system?

What is surprising or confusing about the U.S. legal system?
What American laws are you aware of?

In America, is FGC legal?

No – FGC is against the law in America

What are the laws against FGC in America?

18 U.S. Code § 116 ‘Female Genital Mutilation’

24 states in the U.S. also have laws against FGC

Section 1088 ‘Transport for Female Genital Mutilation’

Whoever knowingly transports from the United States and its territories a person in foreign commerce for the purpose of [female genital mutilation] with regard to that person that would be a violation of subsection (a) if the conduct occurred within the United States, or attempts to do so, shall be fined under this title or imprisoned not more than 5 years, or both.

Whoever knowingly circumcises, excises, or infibulates the whole or any part of the labia majora or labia minora or clitoris of another person who has not attained the age of 18 years shall be fined under this title or imprisoned not more than 5 years, or both.
Why is FGC considered a crime?
Who will be prosecuted?
What are the legal consequences?

U.S. Law and FGC

How does the law affect green card holders and refugees?
If you are a green cardholder or Legal Permanent Resident (LPR)?
If you are a refugee without LPR status?
How do you feel about these regulations?

Do you see FGC as a child abuse?

Do you see FGC as women's right violation?

Ruwayda was raised by a single mother named Fouzia and her aunt, Khadija. The family has arrived to the country when Ruwayda was just four. Her aunt Khadija is insisting that Ruwayda be circumcised. Fouzia also believes it is the perfect time for Ruwayda to get circumcised before she is too late. Fouzia has saved up some money for a while and are planning the trip. They told Ruwayda that they will visit Grandma and her dad who are in Somalia.
Ruwayda is very excited for the trip and to fly on the plane. On a late evening, the family take a taxi to the airport and arrive there on time. They board the plane at 7:00pm CT. The family arrive to Mogadishu, Somalia the next day. Fouzia gets hold of her sister Halima and Halima comes over to take them to their big house. Ruwayda is surprised of the beauty of the house.

The next night Halima says "I have the best person in town who performed a lot of circumcisions and her name is Faduma. They all go to visit Faduma and Halima tell her "I have my niece who traveled all the way from America to meet you and help them get circumcised". Faduma is excited and says it will be $100 for the girl knowing that they can afford this money since they came from U.S.A.

After morning prayer, mother tells Ruwayda that they are going to see a lady who will circumcise them and tells her the benefits and beliefs of being cut. Ruwayda accept her mom's wishes but is in a lot of fear. Ruwayda is in a lot of pain and starts crying and screaming.
After a couple of weeks they return back to the U.S. and soon it's time for school. Things were back to normal until Ruwayda got a urinary infection and fever, so Fouzia takes her to see a doctor. Dr. Henderson, a female doctor checks the girl, and notices that the girl has been circumcised.

The doctor has known the girl since she first came to the States. The doctor asks Fouzia and the daughter what happened to her genitals and the girl could not lie and said says “My mom and aunt took me to Somalia to get circumcised.”

The doctor looks very serious and tells Fouzia “I have to report this.” Mom is surprised and says “What have I done?”

Who can be charged in this story?
What can happen to family?
Why did the doctor report FGC?
What will happen to Ruwayda?

What did you learn from today’s session?
How did you feel about the information?
What questions do you have?
Handout 4.1.1: UNDERSTANDING THE U.S. LEGAL SYSTEM

NAME: ______________________________ DATE: ______________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What do you know about the U.S. legal system?

2. What is surprising or confusing about the U.S. legal system?

After watching the Going to Court in Minnesota video, answer the following:

3. What is one thing you learned from the video?

4. How is the legal or court system different in the U.S. from the system in Somalia?

5. What is one question you still have about the U.S. legal system?
Handout 4.1.2: U.S. GOVERNMENT FACT SHEET ON FEMALE GENITAL MUTILATION OR CUTTING (FGM/C)

The United States is committed to ending female genital mutilation or cutting (FGM/C). If you believe you are at risk of FGM/C, know of someone at risk of FGM/C, have questions about FGM/C, or have undergone FGM/C and need help or further information, please contact the number below.

What Is FGM/C?
FGM/C refers to cutting and other procedures that injure the female genital organs for non-medical reasons. It may be called “female circumcision” in certain parts of the world. The practice has no health benefits and can lead to a range of physical and mental health problems.

What Are the Health Effects of FGM/C?
Immediate effects may include blood loss, severe pain, and sometimes death. Long-term health problems can include urinary infections, fistula, infertility, painful menstruation or sexual intercourse, and a potential increase in the risk of HIV/AIDS infection. In addition, women who have had FGM/C are significantly more likely to experience difficulties during childbirth and their babies are more likely to die as a result of the practice. Finally, the practice often leaves girls and women feeling scared, psychologically scarred, embarrassed, and distressed.

What Is the U.S. Government’s View on FGM/C?
The U.S. Government opposes FGM/C, no matter the type, degree, or severity, and no matter what the motivation for performing it. The U.S. Government understands that FGM/C may be carried out in accordance with traditional beliefs and as part of adulthood initiation rites. Nevertheless, the U.S. Government considers FGM/C to be a serious human rights abuse, and a form of gender-based violence and child abuse.

Why Is the United States Providing This FGM/C Notice?
The United States is committed to ending FGM/C to protect the health and well-being of, and advance the rights of, women and girls globally. The United States is working at home and in other countries to help educate people about the serious, damaging effects of FGM/C on women and girls.

What Are the Criminal Consequences of Performing or Assisting in FGM/C?
It is against U.S. law to perform FGM/C on a girl under the age of 18, or to send or attempt to send her outside the United States so FGM/C can be performed. Violation of the law is punishable by up to 5 years in prison, fines, or both. There is no exception for performing FGM/C because of tradition or culture. Cutting and other procedures that injure the female genital organs of a girl under 18 are prohibited under U.S. law.

What Are the Immigration Consequences of Violating the Laws Against FGM/C?
Violating the laws against FGM/C – even without a criminal conviction – may have significant immigration consequences, including making one inadmissible to or removable from the United States, as well as ineligible for some immigration benefits.
Have Women Who Have Undergone FGM/C Broken Any Laws?
A girl or woman who has undergone FGM/C is not at fault. She has not violated any U.S. laws by undergoing the procedure. Eligibility for travel to or for immigration benefits from the United States is not negatively affected by the fact that a person has undergone FGM/C.

Where Can One Find Additional Resources?
If you believe you are at risk of FGM/C or have undergone FGM/C, have questions about FGM/C, have information about someone who is performing FGM/C in the United States, or know of someone who may be at risk of having the procedure done here or outside the United States, please contact this number for additional information about available resources: 1-800-994-9662
Handout 4.1.3: RUWAYDA’S STORY

NAME: _____________________________ DATE: _____________________________

☐ Check here if completed by a facilitator during a group discussion.

1. Who can be charged in this story?

2. What can happen to family?

3. Why did the doctor report FGC?

4. What will happen to Ruwayda?
ONE COMMUNITY PROGRAM (OCP)

Somali Women’s Health Workshop Series

__Embracing Change__

Module 5
Session 1

**Agenda**

- Review Learning Objectives
- Opening
- Review of One Community Program
- Current Attitudes towards FGC
- Ways of Embracing Change
- Kowsar’s Story Continued
- Group Closing Ceremony Development
- Closing
Learning Objectives

- Summarize what you have learned from the One Community program
- Explain your current attitudes toward FGC
- Describe ways to embrace change about FGC
- Identify an acceptable alternative rite of passage

What is one part of your culture you want to continue?

What is one part of American culture you want to embrace?

What did you learn about:

- Healthcare in America
- Preventive Healthcare
- Physical Health Consequences of FGC
- Emotional Health Consequences of FGC
- The Law and FGC
Group Discussion

- What questions do you still have?
- What are your current attitudes about FGC?
- How has the One Community Program affected what you think about FGC?
- Will you have your daughters cut?
- How will you talk to your sons about FGC?

Embracing Change

- National level
- Media
- Laws and policies
- Community/Individual Level
- Public Declarations/Public Pledge
- Alternative Rite of Passage

Embracing Change

- Public Declarations/Public Pledge
  - Collective coordinated choice to abandon FGC
  - Midwives make a public declaration that “I will not circumcise girls.”
  - Parents promise “not to circumcise my daughters and not to allow my sons to marry a girl who has been circumcised.”
"I say no to FGM/C because of the negative implications for girls in the community. Others who are still pro FGM/C discriminate us and say we are cowards. I tell my friends that I will stay this way and won’t get cut!"

Pokot girl who publicly declared FGC abandonment

**Embracing Change**

**Public Declarations/Public Pledge**

**Malika**
What can you do to influence those in your family and community to make a public declaration against FGC?

What public declaration about FGC are you willing to do after finishing the One Community Program?
What are possible alternative rites of passage?

Kowsar’s Story Continued

Every night after Kowsar comes from work, her mother Maryam continues to convince her that she is not a good mother and that her daughters will never get married. Maryam says to Kowsar, “getting the pharaonic circumcision is best for these girls, as it will help them control their sex drive and prohibit fornication. You know where we are living, everyone is committing fornication and there is no longer fear of God. Kowsar always replies: “There is no money.”

In February, the tax return has arrived and everyone has his or her own ideas on how the money should be spent. Abdi, their father, thinks they should use the money to buy a house.
One son wants to buy a car to get a part time job. Kowsar thinks they should save some of the money in case Abdi loses his job, and use the rest to support her family back home. Everyone is disagreeing with one another and Maryam tells Kowsar to come with her. They go to Maryam’s room. Maryam cries and tells Kowsar “Why am I the only person worrying about these girl’s future”

<table>
<thead>
<tr>
<th>Kowsar’s Story Continued</th>
</tr>
</thead>
<tbody>
<tr>
<td>One son wants to buy a car to get a part time job. Kowsar thinks they should save some of the money in case Abdi loses his job, and use the rest to support her family back home. Everyone is disagreeing with one another and Maryam tells Kowsar to come with her. They go to Maryam’s room. Maryam cries and tells Kowsar “Why am I the only person worrying about these girl’s future”</td>
</tr>
</tbody>
</table>

Maryam comes to Kowsar and says “What do you want for your girls?” Kowsar feels like her heart is breaking, but she feels she has to stop Maryam: “I am not going to let my girls go through the pain and struggle that I have been through! I will not have them scream and suffer their whole lives! I cannot fight with my husband because of you! I respect you and I respect our traditions, but we cannot do it”

<table>
<thead>
<tr>
<th>Kowsar’s Story</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maryam comes to Kowsar and says “What do you want for your girls?” Kowsar feels like her heart is breaking, but she feels she has to stop Maryam: “I am not going to let my girls go through the pain and struggle that I have been through! I will not have them scream and suffer their whole lives! I cannot fight with my husband because of you! I respect you and I respect our traditions, but we cannot do it”</td>
</tr>
</tbody>
</table>

| Why did Kowsar decide not to follow her mothers’ wishes? |
| Was it the right decision? |
| What would you have done if you were in Kowsar’s place? |
| What alternative rite of passage would you suggest? |

Maryam comes to Kowsar and says “What do you want for your girls?” Kowsar feels like her heart is breaking, but she feels she has to stop Maryam: “I am not going to let my girls go through the pain and struggle that I have been through! I will not have them scream and suffer their whole lives! I cannot fight with my husband because of you! I respect you and I respect our traditions, but we cannot do it”

<table>
<thead>
<tr>
<th>Closing Ceremony</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examples of Closing Ceremonies</td>
</tr>
<tr>
<td>New Season Celebration</td>
</tr>
<tr>
<td>Closing with Intention</td>
</tr>
<tr>
<td>Sand Ceremony</td>
</tr>
<tr>
<td>Gift Exchange</td>
</tr>
<tr>
<td>Power Sticks</td>
</tr>
<tr>
<td>Other?</td>
</tr>
</tbody>
</table>
Closing

What did you learn from today's session?

How did you feel about the information?

What questions do you have?
Handout 5.1.1: REFLECTION ON ONE COMMUNITY PROGRAM

NAME: _______________________________ DATE: _______________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What did you learn about:
   a. Healthcare in America?
   b. Preventative healthcare?
   c. Physical consequences of FGC?
   d. Emotional consequences of FGC?
   e. The Law and FGC?

2. What questions do you still have?

3. What are your current attitudes about FGC?

4. How has the One Community Program affected what you think about FGC?

5. Will you have your daughters cut?

6. How will you talk to your sons about FGC?
Handout 5.1.2: PUBLIC DECLARATIONS/RITES OF PASSAGE

NAME: ______________________________ DATE: ___________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What public declaration about FGC are you willing to do after finishing the One Community Program?

2. What can you do to influence those in your family and community to make a public declaration against FGC?

3. What is an alternative rite of passage that you could promote for the girls and women in your family or community?
Handout 5.1.3: KOWSAR’S STORY CONTINUED

NAME: ______________________________ DATE: ___________________________

☐ Check here if completed by a facilitator during a group discussion.

1. Why did Kowsar decide not to follow her mothers’ wishes?

2. Was it the right decision?

3. What would you have done if you were in Kowsar’s place?

4. What alternative rite of passage would you suggest?
### Agenda

<table>
<thead>
<tr>
<th>Module 5</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review Learning Objectives</td>
<td></td>
</tr>
<tr>
<td>Opening</td>
<td></td>
</tr>
<tr>
<td>Positive Traits for Overcoming Challenges</td>
<td></td>
</tr>
<tr>
<td>Somali Women Leaders</td>
<td></td>
</tr>
<tr>
<td>Leadership Skills</td>
<td></td>
</tr>
<tr>
<td>Group Closing Ceremony</td>
<td></td>
</tr>
<tr>
<td>Closing</td>
<td></td>
</tr>
</tbody>
</table>
Learning Objectives

- Identify your leadership skills
- Review examples of female Somali leaders
- Practice leadership skills
- Conclude the group

What is one GOOD thing that happened today?

What is one BAD thing that happened today?

Positive Traits for Overcoming Challenges

“Challenges are what make life interesting. Overcoming them is what makes life meaningful.”

Joshua J. Marine

What are the characteristics of women from the Somali community?

What do you like about Somali women?

What do you like about American women?

Who are the American and Somali women you admire and why?

Profiles Of Women Leaders in Somalia and Young Somali Women in The U.S

Edna Adan
What do you think of these women? What did they do differently from other Somali women? What characteristics of Somali women do you see in these women leaders? What characteristics of these women do you see in yourself?

You have had a difficult morning. Your sister was going to take care of your children while you went to your OB-GYN appointment, but she called you at the last minute to tell you she was sick and could not help. You made a few calls to other family members, but no one was available. You decided to get your children ready and bring them with you to the appointment. When you arrived at the clinic, the front desk receptionist frowned and rolled her eyes at you, made loud sighing noises, and informed you in a rude tone of voice: "You are late and the doctor cannot see you." You noticed a sign on the desk that states your appointment will be cancelled if you are over 15 min late, but you are only 10 min late.

What should you do?

You are a single mother. Your children are in high school planning to go to college, but you are struggling for every dollar. Your children need money for school. You heard that another woman got a part time job as a Certified Nurse Assistant (CNA), so I can work part time and make money. "Your aunt laughs aloud and says: "You don't know any English! Stay at home and look after your mother-in-law." Your mother-in-law joins in the laughing and says, "Your place is in the house. If your husband were alive he wouldn't let you think about it." Your cousin makes a face and says, "A CNA? You will make no money! I would never do THAT.

What do you say? Who is right here?
Examples of Leadership

What was the situation?
What did you do?
How did you feel afterwards?

Closing Ceremony

“If you educate a man you educate an individual, but if you educate a woman, you educate a nation.”
— African Proverb

Closing

What do you remember most?
What was one thing you learned and you can use in your life?
What questions do you have?
Handout 5.2.1: LEADERS IN SOMALIA AND AMERICA

NAME: ______________________________ DATE: ___________________________

☐ Check here if completed by a facilitator during a group discussion.

1. What are the characteristics of women from the Somali community?

2. What do you like about Somali women?

3. What do you like about American women?

4. Who are the American and Somali women you admire and why?

5. What do you think of these women?

6. What did they do differently from other Somali women?

7. What characteristics of Somali women do you see in these women leaders?

8. What characteristics of these women do you see in yourself?